



GENDER DIFFERENCE ON PSYCHOLOGICAL HARDINESS AND DEPRESSION AMONG COLLEGE STUDENTS

Dr. Daljit Singh, Assistant Professor,
Govt. College for Women, Sirsa
daljit.skakra@gmail.com

ABSTRACT

The goal of the study was to determine how gender affected college students' psychological hardiness and depression. The Singh Psychological Hardiness Scale (2008) and the Mental Depression Scale (MDS) by L.N. Dubey were used to measure psychological hardiness and depression among college students. The total sample consisted of 100 first-year college students, of whom 50 men and 50 women were chosen using a random sampling technique. Data analysis was carried out using the t-test. The study's findings indicated that while there is no significant gender difference in psychological hardiness among college students, there is a substantial gender difference in depression..

Keywords: Psychological Hardiness, Depression Gender,

INTRODUCTION

A personality attribute known as hardiness is characterised by dedication, self-control, and the capacity to see challenging circumstances as challenges rather than as threats. Hardy people typically believe they can influence their environment and have a sense of direction and purpose.

Because those who possess it are better able to handle the demands and stresses of their professions without becoming overwhelmed or burned out, hardiness is frequently viewed as a desirable attribute in the workplace. Hardiness may also benefit physical health, according to research, with tough people having reduced rates of stress-related illness and disease. In addition to the benefits of this trait, Maddi (2015) found that hardiness can help people maintain or improve their physical and mental health in addition to other benefits like being able to sharpen their creativity, wisdom, and fulfillment.

Over time, this idea of hardiness has emerged as a significant personality trait and is today seen as a reliable indicator of one's health. According to Kobasa (1979) and Maddi (1987), the ability to absorb, overcome, and cope with hardship is referred to as hardiness. In other words, according to Kobasa



(1979), the concept of hardiness is a group of attitudes and beliefs about oneself and the environment that can be divided into three categories: commitment, control, and challenge. It is a personality type that has to do with how a person sees themselves and their surroundings.

Components of hardiness

Commitment, control, and challenge are the three pillars of hardiness. These three connected factors reduce stress and encourage sustaining a healthy lifestyle. A discussion of these three components is provided below.

Commitment

The concept of commitment is the propensity and desire to engage in and actively participate in daily life. Interested in people, society, and the environment. Another definition of commitment is a person's steadfast dedication to the task at hand.

Control

The ability to appear as hard one has some degree of influence over the world around them is a result of control, which is a toughness attribute. Contrarily, helplessness is the antithesis of control because it results from a person's inability to rely on himself or his own activities. He accepts the circumstances and believes that outer forces are in charge of his life.

Challenge

The third and last aspect of hardiness is challenge, which is defined as the propensity to take chances and reject the idea of a static, unchanging existence. The difficulty can jeopardise one's safety or prevent personal development.

One of the most common illnesses in the world is depression. A major public health concern is depression, which is the most prevalent mental disorder in general practise and mental health settings. Unipolar depression is the second-largest contributor to the number of years spent with a handicap.

A sense of impending doom or "living in a black hole" is some phrases used to describe depression. Some people who are depressed, however, may not even feel sad at all; instead, they may feel lifeless, empty, and apathetic. Even rage, violence, and restlessness are possible among men.

Understanding adolescent depression fully requires familiarity with both definitions of depression and concepts that are closely related to it. Depression is described as "a mental disorder characterised by strong feelings of inadequacy and hopelessness, typically accompanied by a lack of energy and interest



in life" by the Oxford English Dictionary. People frequently feel depression. However, the topic of how to recognise depression has been raised.

In most cultures, depression is a fairly common condition, especially among students. According to Avison and McAlpine (1992) and Bhave and Nagpal (2005), these characteristics prohibit students from having a bright future, obtaining meaningful employment, and experiencing great success.

Poor mood, lack of interest or pleasure, lower energy, guilt or feelings of poor self-worth, disturbed sleep or eating, and difficulties focusing are all symptoms of the widespread mental illness known as depression.

REVIEW OF LITERATURE

According to Aszman's (2001) research, students from lower socioeconomic backgrounds exhibit depressive symptoms at a higher incidence than other students because they are under more stress. Similar to this, Lempers and Clark-Lempers (1997) found that students are more likely to have depressive syndromes as a result of challenging financial circumstances and material challenges in the home.

Hardiness masked the effects of stress on sickness in adult males, but not in females, according to Klag and Bradley's (2004) research. In contrast to men, they discovered that relative coping did not mediate the toughness disease association in females.

According to a 1997 survey on college students by Kobrynowicz & Branscombe, only 8.5% of males and 20% of women reported experiencing gender discrimination in a collegiate setting. They emphasised the fact that college men reported experiencing less gender discrimination than college women. Hannah and Morrissey's (1988) study revealed that high school girls were more resilient than high school boys. Hardiness was not significantly different between the sexes in a population of adults (Hannah & Morrissey, 1988).

OBJECTIVE OF THE STUDY

To study the significant difference between hardiness and depression among college male and female students



HYPOTHESIS

There exists no significant difference between psychological hardiness among male and female college students.

There exists no significant difference between depression among male and female college students.

METHODOLOGY

SAMPLE

The sample consisted of 100 subjects out of which 50 males and 50 females were selected from various colleges of Sirsa(Haryana) using simple random sampling technique.

TOOLUSED

Singh psychotically Hardiness Scale (SPHS): developed by A.K. Singh (2008) was used in the present study. There were 30 items which were divided equally to measure the three components of hardiness i.e. commitment, control and challenges (10 items for each component). Each item was provided with five response categories ranging from strongly agree to strongly disagree.

Mental Depression Scale (M.D.S.) The researcher employed L.N. Dubey's standardised tool for the current investigation. L.N. Dubey, a professor at Saraswati Shiksha Maha Vidyalaya in Jabalpur, created the Mental Depression Test (M.D.S.). The person taking the test must fill out the questionnaire with their personal details. After that, the respondent must check the yes/no box next to the question. There are 50 statements with two boxes next to each.

DATA COLLECTION– On a total of 50 male and 50 female college students, the instrument was used. They received a thorough explanation of the entire process. The results were analysed using a t-test to compare the psychological hardiness and depression of men and women..

RESULT AND DISCUSSION- The main aim of this study was to know the difference of gender on psychological hardiness among college students. The t-test was used to find out whether gender (males/females) has any impact on psychological hardiness.



Table 1 Showing the Mean, SD and t-value of psychological hardiness and depression among males and females

Variable	Gender	Sample N	MEAN	SD	t-value
Hardiness	Male	50	111.28	12.78	1.27
	Female	50	114.70	14.067	NS
Depression	Male	50	9.64	7.45	3.51
	Female	50	16.08	10.60	S .05*

In the above table, two variables—Hardiness and Depression—across two groups—Males and Females—are represented by averages, standard deviations, and t-values, with the significance level for the t-tests set at 0.05. Male participants (N=50) have a mean score of 111.28 for the hardiness variable, with a standard deviation of 12.78. In comparison, the mean Hardiness score for female participants (N=50) is somewhat higher at 114.70, with a standard deviation of 14.06. The t-value for the hardiness comparison between the male and female participants is 1.27, and at the = 0.05 level, it is not statistically significant, indicating that there is no discernible difference between the genders.

Men (N=50) have a mean Depression score of 9.64 and a standard deviation of 7.45, whereas women (N=50) have a much higher mean Depression score of 16.08 and a standard deviation of 10.60. At the threshold of significance of = 0.05, the t-value for the comparison of depression between male and female participants is 3.51. This suggests that male and female participants had significantly different levels of depression, with female participants scoring higher.

In conclusion, the findings show a large gender gap in depression levels, with female subjects scoring higher than male participants. Hardiness ratings do not, however, significantly differ by gender. These results may be significant for determining how depression levels may be related to gender and may be applicable to medical and psychological studies.



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